



# THINK HEALTHY !

Français au verso

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THE FAMILY  
HEALTH NEWSLETTER

## An opportunity to get started for your health...and your family's!



The *Health Challenge* rests on a simple formula. All participants commit to reaching the following goals for a period of 6 weeks, from March 1 to April 11, 2011: **eating at least 5 servings of fruit and vegetables** a minimum of 5 days a week; **moving at least 30 minutes** a minimum of 5 days a week; **improving their wellness** by selecting one of the following goals: helping themselves sleep better, having some time for themselves, and assigning priority to priorities.

### New for 2011: Become a Health Challenge Family!

Experts keep saying it: our children aren't active enough, and their diet isn't all it could be. In fact, 73% of young Quebecers don't reach the recommended 60 minutes of physical activity daily, and more than half (51%) don't eat at least 5 servings of fruit and vegetables a day. "Those habits are harmful and risk compromising their health and their wellbeing," stresses Dr. Martin Juneau, co-president of ACTI-MENU, the organization behind the *5/30 Health and Wellness Challenge*, and member of the board of Fondation ÉPIC<sup>1</sup>. "Indeed, close to one youngster in four (23%) is overweight, which over the years can entail the early appearance of diseases such as diabetes." And yet, adopting a healthful lifestyle can be made easier among children, and **simple little actions can make a big difference**. Municipalities, just like schools, have an important role to play – but **good habits begin at home!**

<sup>1</sup>: Attached to the Montreal Heart Institute, the Épic Centre is the most important centre for preventative medicine in Canada.  
Source : ACTI-MENU (Authorized reproduction)

Register for the *Health Challenge* before March 1; go to [530HealthAndWellnessChallenge.ca](http://530HealthAndWellnessChallenge.ca) or complete the Registration Form on p.3 and return by mail.



Get the free IGA *5/30 Health and Wellness Challenge* kit by presenting your registration confirmation at one of the 250 Quebec IGA merchants.

Hurry! Quantities are limited!

**THINK HEALTHY !** is a bilingual newsletter published 5 times a year by Heritage Lower Saint Lawrence with the aim of transmitting information to individuals and families on health and to better understand services offered to the population, especially Anglophones. It is distributed in the areas served by Rimouski Hospital, including the Lower Saint Lawrence, Baie-des-Chaleurs, Gaspésie, North Shore and the Lower North Shore. The newsletters are made possible through funding by Health Canada for Community Health and Social Services Network (CHSSN), to its Networking and Partnership Initiative Program (NPI) and its Community Health Promotion Project (CHPP). For more information, do not hesitate to contact Marie-Claude Giroux at 418 936-3110 or [heritage-npi@globetrotter.net](mailto:heritage-npi@globetrotter.net).



## Ideas and Recipes



### Why a minimum of 5 fruit and vegetables per day?

Because they are **full of vitamins, minerals, antioxidants and fibre**, fruits and vegetables are a health insurance plan for the long term. They also have the added perk of not containing much fat and calories, while brimming with taste and flavour.

### 5 a day: How to get there?

No need to be a rabbit to achieve the goal of 5 portions for a minimum of 5 days a week!

### All you need to do is eat fruit and vegetables at each meal.

Eat fruits as well as vegetables, because it's the combination of the two types of food that brings the maximum benefit

### What is one portion?

- 1 fruit or 1 medium vegetable (size of a tennis ball)
- 1/2 cup (125 ml) of fruit or vegetables (fresh, frozen or canned)
- 1 cup (250 ml) of raw leafy vegetables (e.g.: lettuce, spinach)
- or 1/2 cup (125 ml) cooked;
- 1/2 cup (125 ml) of "real" juice (no sugar added)
- 1/4 cup (50 ml) of dried fruit

Source : The 5/30 Health and Wellness Challenge website / [www.530HealthAndWellnessChallenge.ca](http://www.530HealthAndWellnessChallenge.ca)

## Useful Website Addresses



**Health Check™** is a national information program about food developed by the Heart and Stroke Foundation. It helps shoppers quickly pinpoint healthy choices among the products available in grocery stores.

Look for this logo and check out this site

[www.healthcheck.org](http://www.healthcheck.org)

You will find recipe suggestions and advice for making meal choices in restaurants.

## Activities for everyone

### Why become more active?

To be active, you don't have to be an athlete or go into a training program. Instead, you have to find opportunities to be active in your daily life. It takes imagination, motivation, and finding the time you need.

### I want to get moving because...

- It's fun
- I want to feel better and have more energy
- I want to be in shape
- I want to prevent or control certain health problems
- I want to control my weight
- It relaxes me and reduces stress

### The 30-minute goal -Every minute counts!

Three short 10-minute walks at different times of the day yield the same benefits as a 30-minute walk.



Photo-OSA Images

Become a **Health Challenge Family**; register at [Families.HealthChallenge.ca](http://Families.HealthChallenge.ca) before March 1. Evaluate your family's health status by using a simple test, and find practical ideas for promoting an active lifestyle and a balanced diet.

Source : The 5/30 Health and Wellness Challenge website  
[www.530HealthAndWellnessChallenge.ca](http://www.530HealthAndWellnessChallenge.ca)